

Family Caregiver

Sharing Information & Giving Support to Hawai'i's Family Caregivers

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KKV Offers Solace for Caregivers

It is important to have someone who understands the stresses of your situation, speaks your language, and cares about your well-being. To reduce caregiver burden, stress, and burnout, Kokua Kalihi Val-



ley Comprehensive Family Services (KKV) offers two caregiver support groups monthly for caregivers of elders who live in upper Kalihi Valley (Census tracts 61-65). Of these two groups, one group is primarily made up of Filipino-speaking caregivers and the other group is Samoan-speaking caregivers. Both groups are conducted using English; however, Ilocano or Samoan languages are also spoken as needed for interpretation. Other ethnic caregivers have joined the groups including Japanese, Laotians, and Micronesians who speak Chuukese. KKV serves three public housing projects in the upper Kalihi Valley, which allows access and service to various ethnic elder immigrants.

Problem solving, relaxation techniques, exercise and yoga, positive affirmation discussions, linkage to resources, and socializing with other caregivers are regularly offered. The groups have become a bonded fellowship of friends and a supportive network for each other. KKV's own geriatrician, Dr. Ritabelle Fernandes, offers monthly health education sessions on various topics including Alzheimer's disease, blood thinners, constipation, sleeping problems, incontinence, heart problems, medication management, and arthritis.

KKV has received funding for our caregiver support groups since October 2001 from the Elderly Affairs Division, City and County of Honolulu.

This comes from federal Older American's Act funds, including the National Family Caregiver Support Program administered by the Executive Office on Aging.

KKV's Caregiver Support Groups meet on the third Monday of every month at Kuhio Park Terrace's Community Hall from noon to 2:00pm, and the third Wednesday

of each month at KKV Elder Center (1846 Gulick Avenue) from 4:00pm to 6:00pm. All caregivers of elders who are 60 or older and who live in upper Kalihi Valley are welcome. Please call Valerie Yontz, RN, PhD, at 848-0977 for more information.

Featured Caregiver Support Group

KOKUA KALIHI VALLEY COMPREHENSIVE FAMILY SERVICES CAREGIVER SUPPORT GROUPS (KKV)

CONTACT: VALERIE YONTZ, RN, PHD
PHONE: 848-0977

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Where Do I Start?

The best place to start in getting information on caregiver services in your community is your county office on aging. They can be reached at the following numbers:

Honolulu Elderly Affairs Division
523-4545

Kaua'i Agency on Elderly Affairs
241-4470

Maui County Office on Aging
270-7755

Hawai'i County Office on Aging
961-8600 (Hilo)
327-3597 (Kona)

Upcoming & etc...

CAREGIVER EDUCATION & TRAINING

The Power of Choice: An Online Chat Forum for Hawai'i Caregivers

February 17, 2005, 3:30-4:30 pm

This exciting new online chat offers the opportunity to join a team of local experts for a series of up-to-date chat sessions for anyone interested in learning about long-term care issues and having the power to make decisions for yourself, your family, and loved ones. Log on to www.RealChoices.org/chat.

Family Caregiver Training Program

Saturdays, Jan. 15-Feb. 26, 2005

9:00 am-noon

Central Union Church

Presented by the Franciscan Adult Day Center and Eldercare Hawai'i, this program will be held over four Saturday sessions. Top local experts will provide personal training and support in the following areas: Introduction – Aging & Caregiving (1/15); Personal Care, Nursing Skills and Medication Management (1/29); Safety & Mobility, Falls, and Falls Prevention (2/12); and End of Life Care, Grief and Loss (2/26). Call Deborah at 988-6300 for information and registration. FREE for family caregivers. Space is limited, and pre-registration is required. (This program is partly funded by a Title III federal grant administered through the Elderly Affairs Division, City and County of Honolulu.)

CAREGIVER SUPPORT GROUPS—GENERAL

This is a list of general caregiver support groups across the State and does not include support groups for specific diseases or conditions such as Alzheimer's disease.

CARE Club Support Group

Alternating Wednesdays, 9:00-11:00 am

Eldercare Hawai'i in Manoa

Deborah Jackson: 988-6300

Primarily a "talk story" type of group with occasional guest experts as requested or needed. Supplemented by the Family Caregiver Training Program.

Castle Medical Center Caregiver Support Group

Last Wednesdays, 10:00 am-noon

Castle Medical Center, Pikake Room

Sue Pignataro: 247-2828

The first hour is educational with an invited speaker and the second hour is for sharing.

Central Oahu

Caregiver Support Group

Second Thursdays, 7:00-9:00 pm

Wahiawa General Hospital,

Long-term Care Unit

Lani Nedbalek: 625-0420

Educational first hour with occasional guest speakers; second hour is for sharing.

CHOC (Caregivers Helping Other Caregivers) Support Group

Fourth Tuesdays, 7:00-8:30 pm

Kealakekua-Kona Adult Day Center

Jan McCurry: 329-0767 (main);

345-7206 (cell)

City & County of Honolulu's Employee Support/Education Group

Schedule varies depending on training/support format

Honolulu or Kapolei Hales

Lorraine Fay: 523-4545

The next sessions are the American Red Cross Family Caregiving Program scheduled every Friday beginning January 7 through March 4, 11:45 am-12:45 pm at Kapolei Hale, 3rd Floor, Employees Lounge.

Eldercare Support Group

Last Saturdays, 9:30 am-12:30 pm

Kamehameha Homes Community Hall

Karen Koles: 395-9082

Gay and Lesbian Caregiver Support Group

First Tuesdays, 6:00-8:00pm

The Center Hawai'i

Call: 951-7000

The first hour is educational with an invited speaker and the second hour is for sharing.

Starts in February 2005.

Honolulu Gerontology Program Caregiver Support Group

Fourth Fridays and Saturdays

9:00-11:00 am

Child & Family Services

Toni Hathaway: 543-8468

RSVP to indicate which group you wish to attend. *The first hour is educational with an invited speaker and the second hour is for sharing.*

Kokua Kalihi Valley Comprehensive Family Services Caregiver Support Groups

Meets twice a month:

Third Mondays, 12:30-2:30 pm at

Kuhio Park Terrace Community Hall

Third Wednesdays, 4:00-6:00 pm at

Kokua Kalihi Valley Elder Center

Valerie Yontz: 848-0977

KKV support groups are for caregivers of elders who are 60 or older and who live in upper Kalihi Valley (Census tract 61-65).

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E LOA KE OLA



MAY LIFE
BE LONG

The Executive Office on Aging is the state agency whose mission is to promote dignity and independence of older adults, and to help prepare for the rapid expansion of Hawai'i's aging population.

Phone: 808-586-0100

www2.state.hi.us/eoa

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Chiyome Leinaala
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Pat Sasaki
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Executive Office on Aging

Wes Lum
Caregiver Resource Initiative
Project Coordinator



We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion, or disability. Write or call EOA or the DOH Affirmative Action Officer at Box 2278, Honolulu, HI 96801 or at 808-586-4616 (voice/tty) within 180 days of a problem.



H O N O L U L U

What is Caregiver respite? Respite simply means relief. It's a break for family caregivers from the demands of providing ongoing care for their loved ones. The best thing caregivers can do for their loved ones is to periodically take some time out to concentrate on doing something for themselves. Studies have shown that caregivers who take care of their own health needs are better able to cope with the many tasks and responsibilities that go with caregiving.

Respite services can include in-home care, as well as senior centers, adult day care, skilled nursing care or an institutional facility. Respite can vary in time from part of a day to

Upcoming & etc...

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Maui Adult Day Care Center Caregiver Support Groups

Sandy Freeman: 871-5804

Multiple support groups. Please call for more information.

North Shore

Family Caregivers Support Group

Monthly on designated Fridays

10:00 am-12:30 pm

Kalihiwai Ridge, Kaua'i

Heidi Caglayan: 828-6417

Project Dana's

Caregiver Support Group

Second and fourth Wednesdays,
once for a support group and
another for an excursion.

Eunice Sakai: 945-3736

Please call for more information.

Veteran Affairs

Caregiver Support Group

Second Mondays, 10:00-11:30 am
VA Conference Room

Onzuka-Anderson: 433-7646

Please call if interested.

several days or weeks.

Another excellent way to get some relief is to join a support group. All support groups offer a place to share experiences, and discuss various methods of coping with difficult caregiving tasks and behaviors. It's also a time to build a sense of shared camaraderie among the attendees. The most important discussions include the potential burnout and illness that can affect caregivers, and how to avoid becoming a victim of caregiving.

Many support groups also include valuable information and training as part of their sessions. Social outings and stress relieving exercise programs are also provided. Attending a support group is a good way for caregivers to re-energize, enabling them to manage their many caregiving responsibilities.

It's never easy being the caregiver of someone with dementia or any long-term illness, but taking the step to get some respite or to become part of a support group is the first step in taking care of yourself. It makes a significant difference in the physical, psychological, and social well-being of a caregiver.

Caregiver support groups and respite services that are funded by the Elderly Affairs Division (EAD) include the following agencies:

- Alzheimer's Association, Aloha Chapter: 591-2771
- Catholic Charities Elderly Services: 595-0077
- Child and Family Services, Respite and Ohana Care: 543-8468
- Franciscan Adult Day Care, C.A.R.E. Club: 988-5678
- Hawai'i Family Services, Inc. (grandparents caring for grandchildren): 696-3482
- Kokua Kalihi Valley Elderly Services: 848-0977
- Project Dana: 945-3736
- The Institute for Family Enrichment (grandparents caring for grandchildren): 235-0258
- Waianae Coast Comprehensive Health Center, Adult Day Care: 456-4490

Call the EAD Senior Hotline 523-4545 for information on other support or respite programs on the island.

M A U I

Photos from the Maui's Caregiver Conference:



*E Kuahui Like I Ka Hana
Let Everyone Pitch In and
Work Together!!!*

by Sheila Agnitsch, Hana Senior Center

"Akule!" Our kupuna remember a time when this call was sounded from the top of Ka'uiki hill by the old kupuna Kilinahe. They would hear this cry, grab their bags and run to the bay. Today this call is still heard around

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County Corner

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Hana town, which indicates a gathering of kupuna, keiki, and the 'ohana to unite in the traditional style of a "hukilau". When the call is sounded, Hale Hulu Mamo and the kupuna of Hana answer with great delight!

Off we go to check out the bay and follow the boat to where the hukilau takes place. Once there, keiki, kupuna, and 'ohana eagerly await the boat with nets laden with akule. The people gather on both sides of the net, and slowly lift the nets off the boat. As this is done, they stop pulling to unfasten the fish. Some people use chopsticks to pry the Akule from the net; the trick is not to break the eyes of the net so as little net patching will be required. While the kupuna and 'ohana are doing this, the keiki pick

up the fish that are dropped and carry them over to the giant coolers of ice.

It is a festive occasion filled with laughter and shouts of joy. In the midst of the merriment you can hear the talk of "dried fish, poke, and fried fish for dinner tonight." After the last fish is placed in the cooler, a circle of prayer begins the task of "mahele" (divide/share) and thanksgiving is given to Akua for providing this bounty from the sea. The kupuna, keiki, and 'ohana stand in line to be granted their share of akule. It is truly a blessing to the people of Hana that this tradition of sharing remains strong and continues to perpetuate the Hawaiian way of life.

H A W A I ' I

Carousel of Care

On Saturday, October 30, 2004, families participated in the 6th Annual Carousel of Care Conference chockfull of information and services focusing on the concerns and issues of family caregiving. There were over 130 people who attended, doubling the attendance over last year, thanks to AARP who conducted a mass mailing. The conference was organized by the Hawai'i Community Caregiver Network (HCCN) and the Hawai'i County Office of Aging (HCOA), in partnership with AARP, HMSA, and Alu Like, Inc.

Held at the King Kamehameha's Kona Beach Hotel, the day began with a Resource Fair of 20 service providers in the community. Five concurrent sessions were offered during the first half of the day on topics such as how to assess and understand behavioral changes when the powers of communication, reasoning, and language are lost; safety techniques for moving, lifting, and transferring to reduce injury risks for both the caregiver and care recipient; active participation in your own nutrition and dietary program and to understand the importance of sustenance as a caregiver; the benefits of developing a peer support system to meet the needs of caregivers; and programs that help cover the cost of prescription drugs.

At lunch, Dr. Wayne McCarthy spoke about Naturopathy, a natural system of medicine that stresses health maintenance, disease prevention, and



patient education and responsibilities, in contrast to treatment of diseases.

After lunch, participants chose to attend one of two workshops. The first was on the strategies to cope with the daily demands of caregiving. The second was on challenges related to family decision-making and communication in the context of caring for a parent.

Participants could also treat themselves to self-care sessions such as relaxation techniques to help relieve stress, art therapy, scrapbooking, tai chi, flower therapy, dance and music therapy, and the very popular massage therapy.

The strongest message exemplifying the precious value of caregivers came during the opening keynote presented by Lee White, AARP's National Director of State Operations and a caregiver to his wife, Marilyn. He shared his family's touching journey through their caregiving experiences and roller coaster of emotions as they lovingly care for Marilyn. Lee's son and daughter told stories about their daily lives as caregivers, incorporating a loving tribute to their mom, sometimes touched by frustration and sadness. Via a pre-recorded video, Marilyn looked into the audience and said, "Caregivers are golden". The audience nodded in agreement.

Legislation Supports Family Caregivers

Legislators will be facing many important issues during the 2005 Regular Session. Supporting family caregivers will be a hot topic this year. We invite you to visit the Executive Office on Aging's website to download the most up-to-date information about caregiver-related legislation including the bill status, bill text, and committee reports. To get to the site, visit www2.hawaii.gov/eoa/. In the left column, click on "Programs and Services," and then "Caregiver Support." Finally, click on "Legislation."

If you would like to be electronically notified when caregiver-related legislation are scheduled for a public hearing, please e-mail the Executive Office on Aging at caregiver@mail.health.state.hi.us to be placed on our mailing list. As the bills are introduced, we will send you the bill numbers for easy identification.

To get copies of legislation, visit the Executive Office on Aging's website or the Hawai'i State Legislature's website at www.capitol.hawaii.gov. You may also call your Legislators and ask them

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It worked for me

with Karen Koles



Q: Do you have any suggestions about disposing of diapers and other trash?

A: All diapers should be bagged and tied in plastic shopping bags before being tossed into a plastic trash bag. Trash should be taken out daily. Both of these practices will do a lot to eliminate odor and germs. You want to wash out the trash container periodically using a disinfectant; however, keep in mind that this container will probably be in the same room as your loved one, so be careful about using cleaning products that leave strong, lingering scents which your loved one may find objectionable.

Legislation Supports Family Caregivers

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to send you a copy, or you may also pick up a copy from the Capitol print shop located at the State Capitol, 415 South Beretania Street.

If you would like general help with the legislative process, the Public Access Room ("PAR") at the Capitol is an excellent resource. The PAR has equipment and materials that you may use such as computer terminals, typewriters, telephones, copies of legislative documents, reference materials, a fax machine, and a copy machine. Staff is also available to assist you with questions either by phone or in person. You may reach the public access room by calling 587-0478 or you may visit them at the State Capitol in Room 401. The best thing is that all PAR services are free of charge.

Disclaimer: The Executive Office on Aging provides this service for information only. The Executive Office on Aging does not necessarily endorse the proposals listed on the website.

Q: I am not a caregiver. I am a friend of a caregiver. How can I help her during this difficult time?

A: You are such a special person! There are so many ways that you can show your support. Whenever you phone her, your first question should ask if this is an inconvenient time for her to talk. If your friend is in the midst of taking care of her loved



one, her attention should be focused on this activity. Arrange to talk at another time.

A hands-free phone could make a wonderful gift for a caregiver because it allows him/her to talk while folding laundry, sweeping the floor, etc.

One of mom's favorite calabash nieces would deliver complete meals: entree in a pot to be reheated; a salad and dessert packed in a tiny cooler, and even rice to com-

plete the meal! As an extra considerate touch, one that mom really appreciated, this niece would share flowers that she received at work.

Tell your friend that you will be going to Store A in a couple of days. Offer to pick up anything that she needs from this store. Then deliver these purchases to her home. Do the same before you go to Store B. If you really want to be helpful, don't offer to go to several stores on the same day. It requires too much time to put everything away!

Other much appreciated offers include stopping off at the post office to mail any packages, purchasing stamps; dropping off videos at the video store; or borrowing and returning books or tapes at the library.

Do you realize how complicated it is to take a loved one to the doctor's? You could offer to drive and park the car so that your friend doesn't have to leave her loved one unattended. Just don't forget the handicapped parking pass!

Offer to stay with your friend's loved one for a couple of hours each week. The caregiver will feel more comfortable about your offer of respite if you're familiar with her loved one's routine. Do not make this offer unless you really intend to carry it out.

What should you not do? Never ask your friend to call you if she needs help.

Disclaimer: The suggestions in It Worked for Me were found to be helpful by contributing caregivers and are not to be interpreted as fact or intended to guarantee similar results.

READERS:

WHAT WOULD YOU LIKE TO READ

ABOUT IN FUTURE COLUMNS OF

"IT WORKED FOR ME"? WE WANT

TO HEAR FROM YOU!

CALL US AT

586-0100



Tutu's Corner

Legislation supports Grandparents Raising Grandchildren

According to the 2000 Census, there are approximately 38,051 children in Hawai'i living in grandparent-headed households, or 12.9% of all children in the State. Furthermore, there are about 3.4% of all children in Hawai'i, or 9,920 children, living with other relatives. These numbers are most likely under-represented because, anecdotally, many guardians fear that by acknowledging that they are raising their grandchildren, these children will be taken away by Child Protective Services. Grandparents are also hesitant to publicly acknowledge that their adult children are facing serious problems. Relatives who step in to take the place of a parent are called kincare caregivers.

These relatives are not just babysitting or providing childcare; they are parenting for a second time around. Children brought up by grandparents and other relatives do so for various reasons, including substance abuse, mental illness, incarceration, economic hardship, divorce, domestic violence, and other serious problems. Parental death and military deployment are other reasons.

Children raised by kincare caregivers often need health care examinations, services, and treatment, but their caregivers are, by law, not authorized to consent to such medical care. While there are provisions in place that allow for immunizations and certain emergency room situations without parental consent, other healthcare services such as dental, vision, physical, and mental health services are unavailable to children unless parental consent is obtained. In many cases where parental con-

sent is unavailable, the children are left without access to healthcare.

The 2005 Legislature will be considering legislation to authorize kincare caregivers to consent to health care services for a child. In effect, this legislation would permit a kincare caregiver to, by affidavit, consent to medical, surgical, dental, mental health, developmental, and other medically necessary health care examinations and treatment, including immunization, x-ray, and anesthesia.

Na Tutu will be leading educational and advocacy efforts to pass this bill at the 2005 Legislature. If you would like more information or would like to assist, please contact Jackie Chong at 239-8908.

Disclaimer: The Executive Office on Aging supports grandparents raising grandchildren and, therefore, is publishing this article for informational purposes only and does not imply endorsement of the legislative proposal.

Stay "IN TOUCH" with Older Relatives

The Eldercare Locator is a nationwide service funded by the U.S. Administration on Aging linking older adults and their families to local aging services. It is encouraging families to spend some time mapping out a plan that will keep their older relatives safe if disaster or personal crisis strikes. "IN TOUCH" helps families establish a strategy for such events. Whether you live far away or are directly caring for your loved one, an "IN TOUCH" plan will aid your family communications efforts before, during, and after a crisis:

Identify potential emergency situations and disasters that could occur in your older family member's home and community.

Note what community resources are available that might assist your efforts in establishing your "IN TOUCH" plan.

Talk about individual circumstances that are concerns for you and your older loved one.

Outline your "IN TOUCH" plan in writing and share it with everyone involved.

Update your "IN TOUCH" plan as situations change.

Communicate regularly and test your "IN TOUCH" plan.

Have peace of mind knowing that you have an "IN TOUCH" plan.

Did you know...

Though among the most vulnerable members of our society, many older adults today are living healthy, independent lives. Yet, sometimes they might need some assistance.

- Age-related characteristics, such as delayed response time, reduced ability to see or hear, and difficulty reading print too small, can affect an older person's perception and reaction.
- Physical or mental impairments can limit a person's ability to respond quickly or seek help in an emergency.
- Chronic health conditions, such as arthritis or diabetes, can make access to transportation or the availability of food and medication particularly important for older adults.
- Limited financial resources may impact a person's ability to maintain a safe environment or adequately prepare for natural disasters or other emergency situations.
- Language and cultural differences may limit some older adults' ability to understand and communicate effectively in a crisis situation.

When an emergency occurs, there is no time to sit down and figure out what to do. Families can give themselves a peace of mind all year round, knowing that their loved ones have a plan in place in the event of an emergency. For a copy of the "IN TOUCH" plan, contact the Eldercare Locator at 800-677-1116 or visit www.eldercare.gov.

New Support Group for Gay and Lesbian Caregivers

Many of the issues that family caregivers face, such as where to turn for help, what types of supportive services are available, and how to access these services are universal and not specific to any particular group. However, lesbian, gay, bisexual, and transgendered (LGBT) older adults and their caregivers may also have specific concerns and face additional challenges. For example:

LGBT caregivers who care for their partner or closest gay friends who need long-term care often are without the same emotional, social, or financial support other caregivers have.

LGBT caregivers may be reluctant to discuss issues relating to sexual orientation particularly when dealing with government or social service agencies for fear that the information may be used against them.

The lack of recognition of LGBT relationships under most health care policies, Social Security, and the Family and Medical Leave Act leaves LGBT caregivers with fewer resources with which to access formal care.

The lack of recognition of LGBT relationships make legal and financial

LGBT CAREGIVERS WHO CARE FOR THEIR SAME-SEX PARTNER AND CLOSEST GAY FRIENDS WHO NEED LONG-TERM CARE OFTEN TIMES ARE WITHOUT THE SAME EMOTIONAL, SOCIAL, OR FINANCIAL SUPPORT AS HETEROSEXUAL CAREGIVERS.

issues in long term care important, such as the determination over who has the responsibility to provide care, the power to make medical decisions, and the legal authority to use financial resources on a care recipient's behalf if they are incapacitated.

As part of its on-going efforts to address the needs of older LGBT and LGBT caregivers, The Center Hawai'i will be launching a LGBT Caregiver

Support Group. The purposes are to offer a network of support and camaraderie to LGBT caregivers in a safe environment, and to provide learning opportunities about general caregiving issues as well as the unique challenges that affect LGBT caregivers.

Beginning in February 2005, LGBT Caregiver Support Group meetings will be held on the first Tuesday of every month, from 6:00pm to 8:00pm at the The Center Hawai'i (2424 South Beretania St.). The first hour will be educational, and will feature a community resource person to present information on tax information, legal issues, long-term care insurance, end-of-life care, community resources, stress management, and dementia. The second hour will be for sharing and group discussions. Dr. Michael Cheang, a faculty at the University of Hawai'i at Manoa with a background in gerontology, has agreed to facilitate the support groups. Light refreshments will be served.

The first support group meeting will be held on Tuesday, February 1, 2005. Should you have any questions, please call The Center Hawai'i at 951-7000.

Medicare Updates

*by Pamela Cunningham,
Sage PLUS Coordinator*

1-800-MEDICARE Migration Completed. On July 28, 2004, CMS completed the migration of all current Medicare beneficiary contractors' individual toll-free numbers to the national 1-800-MEDICARE number, meeting the mandate of the Medicare Modernization Act to publish a single toll-free number for all Medicare beneficiary questions. The migration not only gives Medicare beneficiaries a single point of access for all of their questions, but also makes automated and CSR service available 24 hours a day, 7 days a week to assist in both English and Spanish. For information on Medicare Part A (United Government Services), Part B (Noridian Adminis-

trative Services), Durable Medical Equipment (CIGNA Healthcare), Quality Improvement Organization (Mountain Pacific Quality Health Foundation) call 1-800-MEDICARE (1-800-633-4227).

\$600 Assistance for Prescription Drug Purchases Available to Medicare Beneficiaries

Recently Medicare sent a letter to all Medicare beneficiaries who are enrolled as Qualified Medical Beneficiary (QMB), Specified Low Income Medicare Beneficiary (SLMB), or Qualifying Individuals (QI-1)* to inform them about automatic enrollment in the Medicare-Approved Drug Discount Program. The letter states that they will be automatically enrolled in a Medicare-Approved Drug Discount card and that they need to call a participating company to activate the \$600 transitional

assistance available in 2004 and 2005.

To qualify for the \$600 assistance the gross incomes for Hawai'i are as follows:

- Single - \$ 14,445 per year or \$1,204 per month
- Couple - \$ 19,386 per year or \$1,615 per month

Medicare Beneficiaries (with no additional insurance) can apply as soon as possible for the cards and the \$600 assistance. Beneficiaries are encouraged to use the \$600 at a participating pharmacy. To learn what pharmacies are participating with the card they are assigned and for assistance in choosing a card, call Sage PLUS at 586-7299 or 1-888-875-9229.

HMSA 65C+ members can only apply for the \$600 assistance through HMSA. Members must call HMSA 65C+ at 808-948-5555 or 1-

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Medicare Updates

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800-620-4672 and let HMSA know that they may qualify for the \$600. It will take approximately 2 months to enroll and they need to be enrolled and accepted by December 31, 2004 to receive the assistance for 2004.

Kaiser Senior Advantage Members can apply for the cards and the \$600 assistance by calling Sage PLUS at 586-7299 or 1-888-875-9229. Kaiser members cannot receive the \$600 at Kaiser Pharmacies. Sage PLUS encourages them to use the \$600 at an outside pharmacy. When the \$600 is used, they may go back to Kaiser.

*QMB/SLMB/QI-1 are special programs for Medicare beneficiaries who have limited income and their assets are slightly higher than the general Medicaid recipient. Generally, their Part A/B monthly premiums are paid by the State of Hawai'i, Department of Human Services. For more information about these programs call Sage PLUS at 586-7299 or 1-888-875-9229.

(Editor's Note: The editor realizes that this article appears when it is too late to activate assistance in 2004 because of the publication schedule of the newsletter. If you are unable to sign up for assistance by December 31, 2004, \$600 is available for 2005.)

Center on Aging Produces End-of-Life Booklets

Talking about end-of-life issues is very difficult for most of us. In fact, very few of us even know about choices available at the end of one's life, and even fewer of us are prepared. But, there are a number of things we can do to enhance the quality of life of a dying loved one, at the same time, giving ourselves peace of mind.

The Center on Aging at the University of Hawai'i at Manoa has developed 5 booklets in the Complete Life series under a grant from the National Caregiver Support Program, U.S. Administration on Aging.

These five booklets are free of

charge, and can be downloaded from: www.hawaii.edu/aging.

Booklet 1: Advance Care Planning – Making Choices Known. A workbook to document the kind of care you want if you are unable to make decisions for yourself. Includes web addresses to find your state's forms.

Booklet 2: Planning Ahead: Funeral and Memorial Services. A workbook to document your funeral or memorial service preferences ahead of time. Includes tips for consumers.

Booklet 3: Preparing to Say Good-Bye – Care for the Dying. Learn about common symptoms experienced by dying people and what you can do to make the dying person more comfortable.

Booklet 4: When Death Occurs - What To Do When a Loved One Dies. A guide to help you get through the hours, days, and weeks following a loved one's death.

Booklet 5: Help for the Bereaved – The Healing Journey. Learn about the common expressions of grief, the healing process, and when to get help.

If you need more information, call the Center on Aging at 956-5001.

E LOA KE OLA



Executive Office on Aging
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Honolulu, HI 96813

MAY LIFE BE LONG